

K : Ps chological therap ; Ps chotherap ; Talks therap ;
Mental health; Well-being

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Ps chological therap , also referred to as ps chotherap or talk therap , is a powerful tool in supporting individuals' mental health and promoting well-being. It encompasses a wide range of approaches, techniques, and interventions that aim to address ps chological distress,

aspect of overall well-being, and psychological therapy plays a crucial role in supporting and promoting mental wellness. It provides a safe and confidential space for individuals to explore their thoughts, emotions, and behaviors, and gain a deeper understanding of themselves. Psychological therapy offers a non-judgmental and supportive environment where individuals can work collaboratively with a trained therapist to address their concerns and develop strategies for coping with life's challenges.

Approaches to psychological therapy : Psychological therapy encompasses a wide array of approaches, each with its own theoretical foundations and techniques. Some of the most commonly practiced approaches include:

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